

Pre-Professional Timeline

Freshman Year (Year 1):

Fall Semester:

- Focus on adjusting to college life and academics.
- Explore extracurricular activities, clubs, and organizations.
- Maintain a strong GPA (aim for a 3.6 or higher)
- Volunteer across campus and locally
- *Meet with Career Counselor for Career Counseling appointment*
- Explore Programs such as JAMP, DEAP, PPC

Spring Semester:

- Continue building a strong academic foundation.
- Begin exploring potential majors, in related field
- Schedule appointment with Academic Advisor
- Seek out a faculty advisor, Career Counselor or mentor.
- *Meet with Career Counselor to outline portfolio*
- Explore Programs such as JAMP, DEAP, PPC and on campus research programing

Summer

- Gain work experience
- Clinical Shadowing and Volunteering
- Maintain GPA within summer courses

Sophomore Year (Year 2):

Fall Semester:

- Declare a major or continue coursework for pre-medical requirements.
- Volunteer or shadow in healthcare settings.
- Build relationships with professors for future letters of recommendation.
- *Add to resume with Career Counselor check-in*
- Apply to internships or research positions for summer

Spring Semester:

- Continue coursework, ensuring you're on track for pre-med prerequisites.
- Begin preparing for the MCAT \ DAT (if applicable).
- Explore research opportunities.
- Consider joining pre-medical or pre-professional clubs.
- *Career Counselor resume check*

Summer

- Gain work experience, camps, customer service
- Gain clinical shadowing and volunteer hours
- Maintain GPA within summer courses

Junior Year (Year 3):

Fall Semester:

- Continue volunteering or shadowing experiences.
- Start MCAT/DAT preparation
- Gain leadership in student organizations
- Begin drafting your personal statement.
- Work on HPAC portfolio submit before Spring Semester

(Health Professional Advising Committee)

Spring Semester:

- *Career Counselor proofread portfolio*
- Take the MCAT/ DAT (if applicable)
- Career Counselor proofread portfolio
- Request faculty evaluations
- Submit HPAC application/ receive interview request

Summer Prior to year 4 (June - July)

- Finalize your school list and submit applications early (usually through TMDSAS or other centralized application systems).

Senior Year (Year 4):

Fall Semester:

- Secure letters of recommendation if not already obtained.
- Continue coursework and maintain a strong GPA 3.6+
- *Mock-Interview preparation Career Counselor*
- Attend interviews prepared an professional dressed

Spring Semester:

- Continue attending interviews.
- Make a final decision on which school to attend (if accepted).
- Ensure all prerequisites are met for commencement

Celebrate your acceptance!

Gap Year (if applicable):

- If you are taking a gap year, use this time to gain additional experience, such as research, volunteering, or working in a healthcare-related field.
- Consider retaking the MCAT/DAT if necessary to improve your score.
- Continue to stay engaged in the community

